

Concussion RTP Protocol

- Stage 1:** Light aerobic activities (30-40% max effort). May do 10 minutes of cardio exercise in a low stimulus environment with limited head movement and concentration activities
Ex: walking on a treadmill or riding a stationary bike
- Stage 2:** Moderate aerobic activities (40-60% max effort). May do 20-30 minutes of cardio exercise and light strengthening in a gym with a change of positions, head movement and low level concentration activities.
Ex: light jog, elliptical, or bike, light weight training, and balance exercises
- Stage 3:** Moderately aggressive aerobic activities (60-80% max effort). This includes non-contact conditioning and balance activities as well as strength training at 80% effort, changes in position and higher levels of concentration.
Ex: running/sprinting, plyometrics, all strength training at 80% effort
- Stage 4:** Sport Performance Training (80-90% max effort). Aggressive training in sports specific activities avoiding contact.
Ex: athlete may participate in organized training, but without any physical contact with other players; unrestricted weight training
- Stage 5:** Full unrestricted Sports Performance Training. Aggressive training in sports specific activities avoiding contact.
Ex: full, unrestricted participation in training and practice
- Stage 6:** Full unrestricted Activities. Return to full contact activities in competition environment.